

**CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY  
CSEP RECOMMENDED COURSE MAP**

**CSEP CERTIFIED PERSONAL TRAINER®**

Simon Fraser University

Core Competency	Course Code	Course Title
<p><b>1. Human Anatomy, Human Physiology, and Exercise Physiology</b> May be integrated (in part) within courses dealing with the understanding of the structure and function of the human body including a basic understanding of the human body's response to exercise</p>	<p>ALL OF: BPK 326 BPK 205 BPK 310 <i>Consider also:</i> BPK 325</p>	<p>Functional Anatomy Introduction to Human Physiology Exercise/Work Physiology <i>Basic Human Anatomy</i></p>
<p><b>2. Theory and Methods of Behaviour Modification</b> May be integrated (in part) within courses dealing with health behaviour change, physical activity behaviour modification theories and models, interpersonal communication, motivational interviewing, health counseling, health and fitness promotion, and the determinants of physical activity and sedentary behaviour.</p>	BPK 340	Active Health: Behaviour and Promotion
<p><b>3. Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b> May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.</p>	<p>ALL OF: BPK 143 BPK 343</p>	<p>Exercise: Health and Performance Active Health: Assessment and Programming</p>
<p><b>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</b> May be integrated (in part) within courses dealing with: personal training, physical activity/exercise prescription, training techniques, and methods of training. Optimal program design includes appropriate demonstration, client observation, and exercise modification</p>	<p>ALL OF: BPK 143 BPK 343</p>	<p>Exercise: Health and Performance Active Health: Assessment and Programming</p>
<p><b>5. Safety and Emergency Procedures</b> May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment <b>*CPR &amp; FA does not satisfy this Core Competency*</b></p>	BPK 241	Sports Injuries - Prevention and Rehabilitation
<p><b>6. Documentation, Administration and Professionalism</b> May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	BPK 343	Active Health: Assessment and Programming

**IMPORTANT** Approved CSEP Recommended Course Maps identify courses recognized by CSEP as satisfying the associated core competency area. Courses not listed in this recommended course map may still satisfy the associated core competency area upon review by CSEP.

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**Approved By:** Amanda Burford      **Position Title:** CSEP Education Coordinator      **Date of Approval:** 2014-12-03